



National Nutrient Database for Standard Reference  
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Statistics Report 09125, Grapefruit juice, white, frozen concentrate, unsweetened, undiluted

Report Date: June 30, 2017 07:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	62.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	146	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	611	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Protein	g	1.97	3	0.107	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.48	3	0.048	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.99	3	0.126	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	34.56	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Sugars, total	g	34.16	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
<strong>Minerals</strong>													
Calcium, Ca	mg	27	3	2.219	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.49	3	0.210	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	38	3	1.388	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	49	3	0.155	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	484	3	8.369	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	3	3	0.565	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.18	3	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.118	3	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.070	3	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	119.8	3	0.749	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Thiamin	mg	0.145	3	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.078	3	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.772	3	0.072	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.672	3	0.016	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.154	3	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	13	3	3.631	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	13	3	3.631	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Folate, DFE	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Choline, total	mg	24.5	--	--	--	--	--	--	--	--	Calculated or imputed	09112	01/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	2	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	09116	01/2003
Carotene, alpha	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	09116	01/2003
Cryptoxanthin, beta	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	09116	01/2003
Vitamin A, IU	IU	31	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09126	01/2003
Lutein + zeaxanthin	µg	34	--	--	--	--	--	--	--	--	Calculated or imputed	09126	01/2003
Vitamin E (alpha-tocopherol)	mg	0.14	--	--	--	--	--	--	--	--	Calculated or imputed	09126	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	09126	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.064	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1994

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6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1994
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1994
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1994
12:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1994
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1994
Fatty acids, total polyunsaturated	g	0.113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.089	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1994
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1994
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1994
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1994
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1994

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1986
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003